

**WHAT IS CLAIMED IS:**

- 1           1.     A method, comprising:  
2           playing a video on a video input device;  
3           receiving an activate signal;  
4           digitizing and storing at least a portion of said video;  
5           receiving a deactivate signal;  
6           compressing said at least a portion of said video;  
7           storing said at least a portion of said video;  
8           launching an e-mail application; and  
9           attaching said at least a portion of said video to an e-mail message.
- 10          2.     A method in accordance with claim 1, wherein said compressing  
11         further comprises a user selecting a compression method.
- 1           3.     A method in accordance with claim 1, wherein said receiving a  
2         deactivate signal is responsive to a timeout of a timer.
- 1           4.     A telecommunications device, comprising:  
2           a video input device for generating video images;  
3           a monitor for displaying said video images; and  
4           a Web Access device including an e-mail module, said Web Access  
5         device adapted to receive video images from said video input device and  
6         automatically attached said video images to an e-mail responsive to a video  
7         e-mail command signal.
- 1           5.     A telecommunications device in accordance with claim 4, said  
2         video e-mail command signal comprising a signal from a switch associated  
3         with said video input device.
- 1           6.     A telecommunications device in accordance with claim 4, said

13. A telecommunications device in accordance with claim 10, said video e-mail command signal comprising a signal from a button associated

5 with a graphical user interface.

1 14. A method in accordance with claim 10, wherein said monitor is a  
2 television screen.

1 15. A method in accordance with claim 10, wherein said Web  
2 Access Device comprises a personal computer.

1 16. A telecommunications system, comprising:  
2 a local area network; and  
3 a video e-mail system coupled to said local area network, the video e-  
4 mail system including:  
5 a video input device for generating video images;  
6 a monitor for displaying said video images; and  
7 a Web Access device including an e-mail module, said Web  
8 Access device adapted to receive video images from said video input  
9 device and automatically attached said video images to an e-mail  
10 responsive to a video e-mail command signal.

1 17. A telecommunications device in accordance with claim 16,  
2 wherein said e-mail comprises an e-mail for another entity on said LAN.

1 18. A telecommunications device in accordance with claim 16,  
2 wherein said e-mail comprises an e-mail for an entity external said LAN.

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